

# Common Ground Farm

P.O. Box 59,  
Glenham, NY 12527

## NEWSLETTER numero siete

*It is apparent that no lifetime is long enough in which to explore  
the resources of a few square yards of ground.*

*Alice M. Coates*

### **From the Farmer: Adieu & Hola**

The season must be winding down --

I wore my wool hat out to the farm this morning;  
the roll of duct tape that I bought sometime in May is almost used up;  
Canada Geese visit my fields more often than people;  
my body moves slowly and deliberately.

the woodchucks (extremely fat and earnestly eating) have a look of urgency about them;

I can't find 75% of my harvest knives;  
I'm down to 2 pairs of reasonably intact socks.

This is a great time of year to be out in the fields. The pressures of planting and weeding have abated, everything green looks especially green in the diffuse light, and the rains come consistently. There's something soft and sad about autumn, and after the cheery intensity of summer, I welcome the chance to sigh and retreat inward a little. I think the land welcomes the change too.

The past season has been a whirlwind. (*We harvested over **one ton of summer squash** this year. Did you guys actually eat all of those?*) Personally and professionally I've had a blast and I'm already getting psyched up for next year. We started with a vision, and now we have a successful farm, a community, and a connection to something much larger than ourselves. And we have next season to look forward to.

Thanks for supporting me and caring about your food. See you soon...

### **An End & A Beginning to More, More, More Incredible Edibles:**

#### **Final Distribution Days**

This season ends with the October 25 and 29 distributions. So be sure to drop by and pick up your fair share of fabulous greens and other treats. (It's as if spring is here again, with all the spinach, mesclun, dill, etc.)

#### **Bonus Distribution**

Like a diva on a farewell tour, we won't quite disappear right after our "final appearance". There will be a distribution right before Thanksgiving, a bonus, open to people who have already signed up for next season.

You can sign up and pay your deposit on your regular distribution day, at our end-of-season potluck, or at the Thanksgiving distribution itself.

Early birds also get a \$25 discount on the share price if they pay in full by January 31, 2003.

### ***End of Season Potluck***

Gather for dinner at Stonykill from 4-6 pm on Saturday October 26. Bring friends, family, food to share. If it's food made from Common Ground produce, so much the better. But we're not snobs. We *know* chocolate doesn't grow in New York State... We will love you if you bring something for you & yours to drink, and your own cups, forks, plates, and a bag to carry away trash, but if you forget, we'll provide, and we'll love you anyway. Hope to see you there!

### ***Happy, Hearty Harvest Festival***

Stonykill's annual Harvest Festival the first Sunday in October was a big success, with very cooperative weather and lots of festival-goers. The Common Ground table featured give-away bouquets of dried flowers from our field, tied on site with colorful raffia, and sachets -- also made on site -- of rosemary, lavender and sweet annie. Thank you, Amy, for surprising us all with the sachets!

### ***Ward off Winter Colds***

*Where people eat garlic, happiness abounds...*

*Folk Saying*

They say that eating lots of garlic keeps you from getting a cold. To ward off germs the gourmet way, try aioli, a famous garlic dish from France. The sauce is a garlic-rich mayonnaise, and the other components are easy to prepare.

#### Aioli sauce:

6-12 cloves garlic, peeled, finely minced  
4 egg yolks  
1 TBS rapidly boiling water  
½ TBS (or more) salt  
Course ground pepper to taste  
1-1/4 c. peanut oil  
1 c. olive oil  
1 TBS (or more) lemon juice

Place garlic in large mixing bowl. Add egg yolks. Beat with wire whisk, rotary beater or electric mixer. Add boiling water, salt, pepper, then peanut oil (drop by drop) till more than half of it is in the bowl. Then add peanut oil & olive oil in increasing quantities. Beat in lemon juice. Makes 2-1/2 c.

#### Quick aioli sauce:

Peel & crush the amazing amount of garlic cloves, stir it into some good quality ready-made mayonnaise, then stir in 1 TBS of olive oil and 1 TBS lemon juice.

For low fat aioli, try using low-fat mayonnaise, or a ½ mayonnaise ½ fat-free unflavored yogurt combination.

Suggested components:

Artichokes. Halve, clean & steam.

Carrots. Clean, cut in strips, steam.

Cauliflower. Clean, break into flowerets, steam.

Potatoes. Clean, peel if you wish, halve or quarter, steam.

Chick-peas. You can use good quality canned garbanzos and warm them up with a bay leaf.

Tomatoes. Quarter some good looking ones.

Hard-cooked eggs. Peel, then halve or quarter them.

Make a beautiful platter with the above and whatever else you think would be good. Serve the aioli sauce on the side. Eat. Make sure that everyone in your household eats some, so you can all breathe on each other without recrimination...



Lo!...The long glories of the winter moon...

Tennyson

And speaking of Tennyson, he also wrote:

Ah! When shall all men's good  
Be each man's rule, and universal peace  
Lie like a shaft of light across the land,  
And like a lane of beams athwart the sea,  
Through all the circle of the golden year...

